

**Abstract**

A tablet having from about 3000 to about 9000 FCC lactase units, from about 25 to about 70 weight percent microcrystalline cellulose, and a lubricant is disclosed. Additionally, also disclosed is a process for making a tablet by following steps in order mixing lactase and microcrystalline cellulose to form a preblend; adding to the preblend a member selected from the group consisting of dextrose, mannitol, a lubricant, cornstarch, calcium phosphate, sodium citrate, calcium sulfate, calcium stearate, stearic acid, glyceryl monostearate, glyceryl distearate, sorbitol, gelatin, and a gum to form a mixture; and compressing the mixture to form a tablet.